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OCTOBER 13
ISSUE

dialog
COLLECTIVE
 The EXCLUSIVE Newspaper of George Brown College, Toronto
SEPTEMBER 29 - OCTOBER 13, 2000

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THE OLYMPIC SYMBOL



by Maribelle Bacod

The Olympic symbol is formed by five, interlinking rings: BLUE, YELLOW, BLACK, GREEN AND RED.

These five intertwined rings were designed in 1913 by the founder of the Modern Olympic Games, Baron Pierre de Coubertin. It represents the union of the five continents and the meeting of athletes from around the world at the Olympic Games.

These five rings represent the five parts of the world now won over to Olympism and ready to accept its fertile rivalries.

The Olympic motto is "Citius. Altius. Fortius." It means "Faster. Higher. Stronger." It expresses the message to all who belong to the Olympic Movement to excel in accordance with the Olympic spirit.



TROY AMOS ROSS

The man you see above in a yellow robe, with the hood over his head, and a nice big smile - was a former George Brown College student in the Fashion-Design Program. Having a lot of inspiration from his mother, he had a passion for clothes, and he learned how to sew in high school, and went to George Brown College and completed fashion-design courses immediately after the Atlanta Games.

You're probably wondering why his picture is on the front page. Well, just for your information, I'm proud to say that he made it to the Sydney Olympics 2000. He is a light heavyweight fighter in BOXING. He's 25 years old, his height is 5ft, 11 inches and he weighs 178 lbs.

As it says in the TIMES, "Boxing is in Ross's blood: his father represented Guyana at the 1968 Olympics, and his cousin Egerton Marcus won a silver for Canada at the Seoul Games. At the qualifying tournament last spring in Florida, Troy Amos Ross dominated defending world amateur champion Michael Simms of the U.S.A., not only that he was a bronze medalist, at the Pan American Games."

Ross had a disappointing finish in this year's Olympics, in which he did not qualify for the final medal round. Even though he was defeated, the George Brown College community had a great deal of excitement and support for Troy Amos Ross. But most of all, we know he tried his best!



CANADA'S MEDAL STANDINGS

Updates:

At this very moment, we stand in 19th place. We have 2 GOLD medals, 2 SILVER medals and 5 BRONZE medals.

GOLD

- Sept. 17 Men's Triathlon
SIMON WHITFIELD
- Sept. 27 Men's Tennis Doubles
LAREAU/NESTOR

SILVER

- Sept. 21 Men's Judo Half HeavyWeight (100kg)

NICOLAS GILL

- Sept. 28 Women's Diving Synchronized 10m PLATFORM

ANNE MONTMINY

BRONZE

- Sept. 17 Men's Swimming 400m Ind. Medley

CURTIS MYDEN

- Sept. 22 Women's Trampoline
KAREN COCKBURN

- Sept. 23 Men's Trampoline
MATHIEU TURGEON

- Sept. 24 Women's Rowing EIGHT
BUFFY ALEXANDER, LARYSSA BIESENTHAL, HEATHER

DAVIS, THERESA LUKE, ALISON KORN, HEATHER McDERMID, EMMA ROBINSON, LESLEY

THOMPSON, DOROTA URBANIAK

- Sept. 29 Women's Synchronized Swimming Team
EMILIE HEYMONS & ANNE MONTMINY

What's Inside?!!

HEALTH & FITNESS
SPORTS
FASHION
ENTERTAINMENT
HOROSCOPES
OPINION
& MUCH MORE...



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OPINION

The Olympics So Far (and why I couldn't be in them)

by Pete McArthur

Well, it's that time of year again. The leaves are turning red, the days are getting ridiculously short, and there's that chill in the air, the chill that informs us, "Schools here, and it's here for the next six months, so get used to it, losers." But this year there is something for us to take comfort in, something that offers us about eight and a half hours of guilt-free television per day, and only comes around once every four years. No, I'm not talking about February 29th, I'm talking about the OLYMPICS!!!

The Olympics is one of those things that afford me and my favorite piece of furniture, my couch, much quality bonding time. It gets to know my hamstrings almost as well as I become an expert on it's every crease and contour. Point is, I sit a lot, and the athletes don't. But watch them, I am inspired. Inspired to work out. Inspired to work out ON THE COUCH!! Using the remote control as my resistance, I sculpt my rounded powerful biceps. "What," I can hear you asking, "Do you do your abs?" Simple. By shifting the bulk of my weight from one butt-cheek to the other, at least (and this is important) every half-hour, I forge the abs that those who know me have come to love and aspire after.

But seriously, almost all of the sports amaze me in at least some aspect, and even after the first five days, the action from Sydney is worth discussing. So, straight from "Couch Headquarters," from me to you, are some of the headlines of the first five days.

The games got off to a running start this year with the first-ever Olympic triathlon. Although Canada has had a bit of medal slump this year, we can at least thank Simon Whitfield for getting us off to a good start, winning us a GOLD. As for the women's race, well this proved that watching people swim, bike and run for nearly two hours can actually be exciting. First of all, there was not one, but two bike crashes, one of them a three-bike pile up, which unfortunately ruined Canada's chances for a medal. The last couple hundred meters was an adrenaline pumped fight to the finish, one of which Michelle Jones of Australia, who was by far the gold medal favourite, had everything to lose. And lose she did, in a shocking upset to Bindgette McMahon of Switzerland. Now, I'm going to let you in on a little secret. I was once in a triathlon and let me tell you, it was no walk in the park. You try pulling a sock onto a wet foot. Not so easy, is it?

Archery was one of the first events to be finished up. Archery, I once thought, would not be a hugely challenging event, but then grade eleven phys. Ed came along. By the time our archery unit had finished up, I think that it is safe to say that I had developed a severe case of arch-phobia. As the days passed, things just got worse and worse, finally disintegrating to the point where I would shake uncontrollably when drawing back the string. When I let go, the arrow would either spin around and hit me in the face, or fall aimlessly to the ground at my feet. Pretty and pathetic, huh? It was anything but pathetic for Simon Fairweather, who won the first ever Australian gold in this event, defeating a tough Korean team.

Now we come to equestrian. There are three equestrian events in the games, and so far the only one to be completed is the three day event, which was won by (take a guess, it's not that hard) the Australians. The dressage and show-jumping are yet to come. An speaking of show-jumping, I should probably warn you, the reader, that I the obnoxious writer, can sense that an annoying, opinion filled paragraph is about to be written sometime soon. Here it comes!

Canada is not doing so well in the medal standings this year, and with Eric Lamaz, a Grand Prix show-jumper, we had a chance, which we unfortunately chose to throw away. Why? Because in just one of the tests he has taken over the last four years, he came up positive for a minute amount of cocaine. Now, there are certain people who I am glad to see thrown out of the Olympics for testing positive, but only if it is for a performance enhancing drug. For example, Iranian boxer Anoshervan Novurbanian out because he tested positive for some sort of steroid. To me, the only thing scarier than stepping into a ring and knowing that I am going to be hit, is stepping into a ring and knowing that I am going to be hit by someone who is taking punch-enhancing drugs. Otherwise, I could probably take 'im. Anyways, he cheated, he's out, good. But as for cocaine, anyone who thinks that getting high and riding a horse is a formula that adds up to victory clearly has no real concept of either. Common sense tells me that Lamaz likely didn't get up early in the morning, inhale his "breakfast," then go out and take his horse over five foot jumps. The crack was probably more of an after-ride thing. People will often say something like "The Olympics are supposed to have a squeaky-clean image." The only thing dirty about this little incident is the sad fact that people consider it their right to dig into the personal lives of others. "Annoying, opinion filled paragraph" is now officially over.

Over the years, gymnastics has grown enormously in popularity, and is given much air time. Despite this, many people have a rather scornful attitude towards gymnastics, and cringe when it comes on. Personally, I'd have to say that gymnastics is a demonstration of pure athleticism. Really, when you think about it, what's actually harder? Kicking a ball, or doing a backflip on a beam that's four inches wide, and is just waiting, no, begging for someone to make an error. I remember once, back in the day, I was working on my beam routine, and something strange happened that will forever change the way I look at wood. I was upside down, my weight gracefully supported by my powerful arms and shoulders, when suddenly I heard a low, grating voice, seemingly coming from inside the beam, say "You will never have children." Seconds later, when I came crashing down, my legs on either side of the beam, I knew, through a fog of pain, that the voice had spoken the truth, and that my promising gymnastics career was over for good. Russia suffered a let down the way. No tablesoup of nice for me! This year, Russia has something to be proud of. In the men's gymnastics, Alexei Nemov walked away with a gold medal. The women have yet to finish.

The United States has done well in the pool this year. The women's team won gold in the 4 x 200 meter relay, while Misty Hyman won gold in the 200 meter Butterfly Stroke. In the men's 100 meter freestyle, Pieter van den Hoogenband of the Netherlands took the gold. Ever notice that swimmers don't tend to have a lot of hair? My guess is that the chlorine melts it off, but this little voice in my head keeps telling me that I might be wrong. If someone knows the answer, could they please tell me, and fast? I'm losing sleep here people.

In weightlifting, Galabin Boevski of Bulgaria in the men's 69 kg category hoisted his way to gold, while Maria Isabel of Uruguay of Columbia in the women's 75 kg category did the same. Just so you know, some of these people can lift over 150 kg above their heads. I speculate that, after a couple more years of couch workouts, I will be able to do the same.

Although judo may be one of the less ninja-like of the martial arts, it is still exciting, and Kate Howey, of Great Britain, and Rasul Salimov, of Azerbaijan, proved this when they won gold. I wanna be a ninja!

Now, although the rowing is not actually finished, I mention it because Canada has an excellent chance for winning the gold. Both the men's and women's teams are in the finals. While pulling on an oar may require about as much co-ordination as juggling two balls, what impresses me is the fact that everybody pulls at exactly the same time. These people are so in sync with one another, they make meal-times at the Citadel look like one of those shark feeding frenzies you see on National Geographic.

Well, if you missed the first five days of the Olympics, I hope that I have done a decent job of filling you in. But why take time from me? You have a couch, don't you? Use it. Goodbye from couch headquarters, it's time for me to go couch it out!

IN MEMORY

by Sharon Kamassah

My mind often drifts over her loss.

I have never met her or even as much as laid eyes on her face yet the idea of her often surfaces to mind. How horrible it must have been to have died the way she did. Alone and isolated. Found tragically crumpled on the floor after days unaccounted. What she must have been thinking during her last moments of breath.

Would anyone miss me?

Who would come to look for me?

If only these four walls could talk... how they reveal who I am... who I was... my regrets, sadness, anger...

If I had chosen to do things differently... It is too late for me...

I remember how cold I felt when I heard the state in which her apartment last appeared. Rubbish strewn about. The smell of decay. Very little light. I remember it being recounted that she was estranged from her family and did not have any known friends. How could anyone survive such loneliness? How is it possible to not be connected to anyone? I could literally feel myself separating myself from the circumstances of this aged woman only to later grow more and more fixated on her story. I often wonder. Life will always be busy. Things will always need to get done. Time will always seem limited. New situations will always arise. So in the grand scheme of things what are my priorities? Why am I here? What motivates me? Are my motivations worth my energy? It is so easy for me to get caught up in the routines and shadows of life yet in the passing of my neighbor I am reminded

To take the time to stop and put things in perspective
not to take others for granted,
not to take myself for granted,
to pay greater overall attention, and
to know it is not too late.



OPINION

WE ARE A TEAM

by Allan Stokell

As a youth, I didn't make the baseball team. I was born in England, and the closest thing we had was a game called 'rounders'. At the tender age of six, after our family immigrated to Canada, I tried out for the baseball team. I was more familiar with cricket than baseball, and I was so bad, someone yelled out "go home!". I took that term meaning to leave the country. I was very upset. As an immigrant, I felt I was not welcome, just because I couldn't hit or catch a ball. That was the end of my team spirit for a very long time. I had been rejected by my peers. I was no good! I should go home.

In fact, I did not participate in another team sport for more than forty years. It is amazing how well we remember our failures. I didn't try out for my school teams for fear or some nameless hapless person who not understanding the consequences of what they say, might tell me that I was an immigrant and I should go home.

What a joy it is to be a student at George Brown College. No one seems to notice that I am several decades older than most students. Here I am accepted for my abilities and allowed to work on the things which challenge me. Suddenly I am one of many and each individual who has goals they want to achieve. Not only that, I am supported by my peers and suddenly it is not only my goals but OUR GOALS. If I need help with something I don't understand, I have someone who will help me.

So, after all this time, I'm back with team sports. Suddenly I'm a member of the Ad-Hoc Student Association Volleyball Team. I have no idea how to play, but our team captain, takes the time to explain the game.

At our first game we did really bad, but someone usually organises a practice. By the end of the summer, we are challenging the students from Ryerson, and we are winning games.

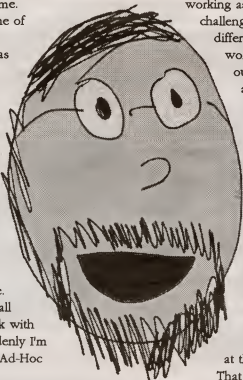
Now I'm seeing it. We are working as a team. No one is challenging me because I'm different. Everyone is working together for our common goal. We are truly a team. This is the sort of thing which makes me very proud to be at George Brown.

A few days ago, one of the Vice Presidents of the College dropped by the office. He wanted to express how much he appreciated the work we are doing at the Dialog Collective. That was really nice. It was like having a coach recognize a special play. I accepted the credit on behalf of all the students of the College who have worked so hard to make the Dialog and The

Source Student Guide and Planner such a success.

Over the last few days I've been talking to individual students about that. I wanted them to know that their hard work has been recognised by the people on the Fifth Floor. What we have created is greater than each individual goal or task. Each time we reach a deadline, or make a plan. All our thoughts, sweat, and labour is distilled into an elixir of superb quality. Someone who draws, always creates an original piece of art work. Each piece then becomes an electronic file, created by a student who will make this craft part of their career. Images are passed on to pre-press where they are transformed from digital code into print. Each step, each task becomes an individual marker, and part of a team effort.

This newspaper is part of a mosaic. Often you view only one tile of an entire panel. This issue is just one small part of the very large image that is the Dialog Collective, and in turn our labours are part of a greater work that is our student community.



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SOCIAL CONCERNS

COPING SKILLS

There is never enough time! How do people do it? Manage school, work, friends, sleep, etc. It feels like a constant mess! Being able to manage time is one of the key skills that set apart the stars from the rest of the pack. Are you someone who feels they are constantly busy, but not accomplishing what you are wanting to accomplish? Are you someone who starts out the semester, the week, or the day with great intentions, but are carried away with interruptions, friends, the t.v., etc.? These are common complaints of people who may want to make improvements in their ability to manage their time, or as Stephen Covey would say, "the challenge is not to manage time, but to manage ourselves." I believe the answer is not schedules to plan each minute of each day, rather, I believe it is about determining what is most important to you and spending your time accordingly. A key component to effective time management is being able to make "conscious decisions". When you have just settled in at the library and are planning to get some afternoon studying in and a friend comes up to you and asks if you want to join them for a coffee, you have a "conscious decision" to make. This process of making a "conscious decision" takes into consideration what is important to you and what you want to get out of your day. If, for example, this is a very good friend that you know is having a bad day and could use your company and it would make you feel good to go with them, and your studying can wait, maybe you'll decide to go for the coffee. If however, you have spent the morning with this friend, you know they can find someone else to join them, or you know you will feel good getting some of your work done, you can feel confident saying no to them and staying in the library. The point is to think through each choice and to make a decision that reflects your goals and helps you to stay on the track to achieving those goals. To help focus your time management ability, it is important to first identify your priorities and goals. If

one of your goals is to land a great job once you graduate, it is obvious a secondary goal is to succeed in school. This goal, once made clear, will guide how you choose to spend your time and how much time you choose to spend on studying. There are also other goals and priorities that are not school related, such as spending time with your family, having fun with friends, playing a favorite sport, etc. Your "conscious decisions" must take into account all of these goals, weigh them out and make choices that reflect what you are all about. So next time you are procrastinating and about to watch another re-run of Frasier, ask yourself, "Is this how I really want to spend my time? Is this in line with my goals?" Maybe you will choose to turn off the t.v., get some studying done so you do something later that you actually want to do, like meet a friend, see a movie, or insert favorite past time here. "If you want to be successful, it's just this simple: Know what you're doing. Love what you're doing. And believe in what you're doing." Quote by Will Rogers. For more information on Time Management tips or any other topics that can help increase your potential for success, see the Counselling, Career & Employment office located in 582C at St. James, C221 at Casa Loma, and RM 105 at Nightingale for more information. There are workshops as well as one on one appointments available to all full time students.

Written by: Cory Bentley.
Cory has been a counsellor with George Brown College at the St. James campus (room 582C) for one and half years. She has her Masters of Education in Counselling and is available to see students for personal, academic, or career concerns. Cory leads workshops on topics such as Time Management, Stress Management, Test Preparation, and Test Anxiety.

Important Personal Safety Tips for the College Community

George Brown College was on the first campuses in Ontario in the early 1990's to try and systematically look at personal safety issues from a wide perspective.

Personal Safety has increasingly become a concern for women and men as we conduct our everyday affairs. There is also a growing awareness of what makes people feel safe and welcomed. George Brown College is part of a large urban community and we recognize our responsibility to make our environment as safe as we can for our student, staff and visitors. The following tips will add to your safety and security while on College premises. They are based on good common practices. Please read them carefully and give them some thought.

- * Avoid Secluded or unsupervised areas if at all possible. Otherwise as a friend to accompany you. Be alert.
- * Trust your instincts. Do not walk into any area if you feel uneasy, e.g. elevators, stairwells, etc.
- * Use safe routes and exits whenever possible; ones which are well lit, visible and well traveled. Avoid alleys, dark corners and short cuts.
- * Report anything or anyone suspicious to security immediately. The College employs security guards on every campus, throughout the day and evening, including weekends.
- * Use our Emergency Telephones to contact security. The telephones are installed in the hallways of every building. Please familiarize yourself with their locations.
- * Call 911 if necessary, to be connected to the Police, Ambulance or Fire Station.
- * Park in well, supervised parking lots, as close to the College as possible.
- * Instead of walking, consider using the bus to get to the nearest subway stop.

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HEALTH & FITNESS

10 Health Tips

by Maribelle Bacod

1. Move More

Make it a daily challenge to find ways to move you body. Climb stairs if given a choice between that and escalators or elevators. Walk you dog; chase your kids; toss balls with friends, mow the lawn. Anything that moves your limbs is not only a fitness tool; it's a stress buster. Think 'move' in small increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class. Meanwhile, move more.

2. Cut Fat

Avoid the obvious such as fried foods, burgers and other fatty meats. Dairy products such as cheese, milk and cream should be eaten in low fat versions. Nuts and sandwich meats, mayonnaise, margarine, butter should be eaten in limited amounts. Most are available in low fat versions. Most likely it should be available in any grocery store.

3. Quit Smoking!

That's one hard thing to do! It may not be easy, but it would be nice to warn your children off it. Trying to give up isn't easy, but as for having one cigarette a day will probably better off than having one pack a day. You could try chewing gum and to try and keep it a habit.

4. Reduce Stress

Easier said than done, stress busters come in many forms. Try spending 30 minutes a day doing something you like. Soak yourself in a sauna, walk on the beach or park, read a good book, watch a funny movie. If not go get a

massage, a facial or a haircut. Meditate. Count to ten before losing your temper and avoid difficult people.

5. Protect yourself from Pollution

If you can't live in a smog-free environment, at least avoid smoke-filled rooms, high traffic areas. Plant lots of shrubbery in your yard. It's a good pollution and dirt from the street deterrent.

6. Wear your Seat belt

Statistics show that seat belts add to longevity and help alleviate potential injuries in car crashes.

7. Floss your Teeth

People who floss tend to be more health conscious than people who don't are. Floss and be your body's boss.

8. Avoid Excessive Drinking

While recent studies show a glass of wine or one drink a day (two for men) can help protect against heart disease, more than that can cause other health problems such as liver and kidney disease and cancer.

9. Keep a Positive Mental Outlook
There's a definitive connection between living well and healthfully and having an outlook on life. You can't be unhappy when you're smiling or singing.

10. Choose your Parents Well

The link between genetics and health is powerful one. But just because one or both of your parents died young in ill health doesn't mean you cannot counteract the genetic pool hand you. Follow these basic tips for healthy living and you can better control your own destiny

Daily Exercise Suggestions

Walk 10 minutes

Walk 10 minutes a day and increase your fitness level old thinking was to work out in a sweat-filled gym for hours a day. No pain, no gain.

Park and Walk

Whenever you have an errand, park your car as far away as you can handle and walk to the store. At the mall, park at the farthest end and walk the length of the mall. Use every opportunity to walk. At the end of the day, it all adds up to better fitness.

Crunch in Bed

Before you even get out of bed in the morning, do 10 stomach crunches while lying flat on your mattress. Increase daily by one until you get up to 100. Think you'll never get there? Try it. You may eventually have to set your clock to wake up 15 minutes earlier, a small price to pay for a flatter stomach.

VOTE

Seeking an Exercise Path of Enlightenment: YOGA

by Maribelle Bacod

Yoga is great these days, being endorsed by such celebrities as Madonna, Woody Harrelson, Demi Moore and Courteney Cox. Yoga is a way to increase strength, flexibility, and inner peace.

Yoga is more than just sitting cross-legged chanting, "Ohm," with your eyes closed. It's about meditation, concentration, stretching, and holding poses. Believe it or not a complete yoga workout can be just as effective and good for your body as taking an aerobics class or using a stair climber.



How does it work?

By concentrating with deep breaths and holding slow, steady poses, you are creating a sense of peace, balance, and harmony within yourself. By holding the poses, you are stretching and strengthening your muscles at the same time, and you're doing it in a very non-impact fashion, meaning that yoga is great for persons of all ages.

The Diversity Project

by Mary Samuels

George Brown College is very diverse. Current trends support that the business and corporate sector value diversity and they will need graduates who can work in a diverse workforce and with a diverse customer population. Through the Change Project the College is embarking on a goal to create an environment that produces superior learning results through academic and service excellence. Taking the measure of diversity at the College is both timely and in keeping with current trends. That's why the College through the Diversity, Equity, Safety Committee of College Council will be conducting a Diversity Survey during the week of October 30, 2000.

All of us have done surveys at the College but this is the first one that asks about your experiences with discrimination and harassment diversity, equity and safety. The survey will provide a qualitative and quantitative measure of where we are with regards to

these issues, provide a quality check between what we say and what we do; provide an opportunity for you to speak out and establish a foundation to plan for change and measure our improvement.

We need students and staff to care about the community that is The City College. We need to improve our study and work environment. We need to acquire skills necessary to work in a diverse workforce. We need more relevant training, professional development and events. Much of this is supported by our recent staff survey.

We are in a time of change to make the City relevant to the needs of our students, our own staff, employers and the general community. This survey is very much about change and fits quite nicely into the themes of the Change Project, the strategic directions and mandate of the College and the various individuals and groups within the College that supports equity.

During the week of October 30, 2000, surveys will be distributed to all staff (via internal mail) and

students (during class). You will be asked to share your perspective on selected College activities and experiences regarding diversity matters.

Building our future includes diversity. We need to welcome and appreciate diversity at the College. Give us 15 minutes of your time to get your feedback on how we can strengthen the College's commitment to promote and value diversity. By completing this brief survey, you can help us identify what we do well and what we need to do to change and improve. Tell us what you think.

The Diversity, Equity and Safety Committee, College Council is conducting the Diversity Survey, with assistance from Dr Bobby Siu, Director of Inflow and the Survey Committee - R. Sluser, L. Spindel and M. Samuel

For more information, please contact Mary Samuel, Human Rights Advisor to the President - 4646 or e-mail msamuel@gbrownc.on.ca

ELECTIONS

ME?! Run in an Election?!?!?!?

by Amrit Bains,
Chief Returning Officer

Yes, you!!! Many students find it difficult to picture themselves as a member of the student government let alone a candidate in an election, but it's not all that far-fetched. Most student leaders say that running for student government was one of the smartest things they did in college. Student leaders have all discovered that being involved definitely contributes to the "college experience" so many of us are looking for.

There are many reasons why being involved is a fulfilling and rewarding experience. As a student you experience George Brown College everyday, you have ideas and suggestions of how things at the college and student association can be improved or modified. Running as a candidate is an opportunity to start discussing these ideas with fellow students and is the first step to putting these ideas into practice.

As a former student, I know that most of us find it hard to find time for extra-curricular activities such as being on a student government. Besides our academic commitments, we have part- or full-time jobs, family obligations, friends and partners to spend time with. The George Brown Student Association is the place for you because there are many different positions available, some requiring a commitment of 10 hours a month and other's requiring as much as 20 hours a week. And remember, if your schedule changes from week to week, there's always plenty of volunteer positions and activities in which you

can participate.

It is important not to overlook the personal rewards you can attain from running in an election. The level of organization, time-management skills and confidence you discover you have during the campaign period is unmatched. If you're elected, you move on to take part in the "school of life" adding to your organizational

abilities, people skills, management skills and, let's not forget, it looks great on a resume.

The Student Association is made up of many different students, ideas and styles. Why would you not want to be a part of it? Add your voice to those who make decisions for the student body. If you are interested in running in the next election in March 2001,

participating in the George Brown Student Association and making your voice heard, go to any association office (you can find one on each of the four campuses) and find out more about the positions available. One is definitely right for you.

The View From Here

Why YOU should VOTE!!

On October 2, 2000 posters will start going up. You will see your fellow students now candidates in the

George Brown Students Association by-elections in the hall ways, classrooms, and cafeterias ready to talk to you about why you should vote for them. This is the beginning of campaign week, the time you get to ask your questions and find out the plans and agendas of the candidates. If you're a full-time student you are eligible to vote in this election. This is your opportunity as part of the student body to ask questions and express concerns. Talking to the candidates is the best way of letting them know your opinions. The candidates and the Student Association are here to represent you in the best way that they can and it is your responsibility to let them know what that is. When you

don't know anything about a candidate or where to start your questions it can be hard to pinpoint what it is you want to know. If this is the case, this issue of the Dialog is just what you need. In the following pages you

will find all the candidates, their pictures, a short biography and answers to questions that will reveal their stands when it comes to representing you. I

encourage you to read about your candidates and if you have any questions they will be around your campus to answer them throughout campaign week.

The Student Association represents students at all levels of college planning and decision making. They also represent your voice to the provincial and federal governments. It is the one

place on campus you can go with any concern and get guidance and assistance. Your student representatives want to know what it is that you need to make your life at George Brown College an easier one. By voting on October 10th - 13th you are fulfilling one of your responsibilities as a member of the George Brown College community. You are casting your vote on who you feel would best represent you, your ideas and, most importantly, your community.

To vote, take your student I.D. or proof of registration and go to the polling booth on your campus. They will be set up from October 10th - 13th from 11 am to 2 pm. The results will be posted on the St. James campus Student Association office door on the evening of the 13th. If you cannot get to St. James, you can call (416) 415-2900 x89319 for a recorded message with the results. See you at the polling booths!

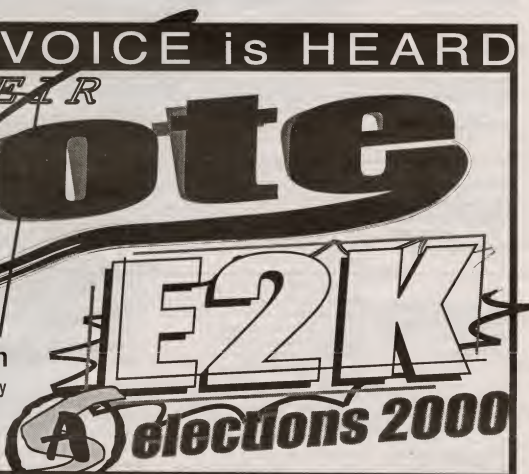


a student's VOICE is HEARD
through THEIR

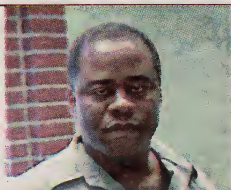
October 10th-13th
Tuesday through Friday

Student Association Elections

For complete info, on all candidates see the ELECTIONS INSERT in the DIALOG, or POLLING STATIONS on your campus.



Candidates for Student



MILTON GRACE—PRESIDENT



KEVIN KING—PRESIDENT



JODI SHANNAHAN—PRESIDENT



MAUREEN MOORE—PRESIDENT

BIOGRAPHY

I graduated from Centennial College in 1997 with a diploma as a Legal Assistant. I have been active for years in my community as a volunteer, board member and eventually a paid staff member. As a result of my volunteer activities and my community involvement over the years I have been offered a part scholarship to attend George Brown College.

A native of the beautiful island of Jamaica, I can change one's perspective on the diversity of George Brown College. There are good services for students and we must have student leaders who are going to preserve it for the future generations. Most of my organizing efforts has been around youth education and bring the youth perspective to the City's agenda.

I am in the AMVCA program I have been an executive member for 12 months. In this time I have built a strong rapport with students and the college community. This year I have accomplished many things in the Student Association. I have helped launch a new mission statement, chaired the Source Planner committee which was a success, and worked very hard on Orientation.

I am a mature student in the Assaulted Women and Counselor Advocate thrilled to be back and happy to act as Vice President over the summer and introduce a wealth of experience.

What motivated you to run for this position?

What motivated me is my interest to see that students of George Brown College get a quality service for a quality price.

What motivates me is need to have a college experience here at George Brown. The need to improve school image and student-to-student interaction.

I have been the appointed President for 5 months. I would like to continue to be a student leader in the organization.

I am a tuition-paying George Brown College two-year program at Campus. Nightingale have felt out of touch of the college.

What relevant experience do you feel qualifies you for this position?

I have several years' experience working in my community and with other community Groups advocating and representing disadvantaged groups. Therefore, I bring to this position experience and knowledge.

I am the Chair for Toronto Youth Cabinet I help mayor Mel Lastman and city council make decisions to improve Toronto and I also work as Youth Advocate for the former mayor councillor Bruce Sinclair.

The experience I have is 1 year on the Board of directors, which is 9 months and an Executive and 5 months as President.

I am a mature student feel I would represent of students at my Campus what it is like to return many years. I am also children and would also needs of student parents.

How do you plan to represent the needs of your fellow students?

I plan to reach out to my fellow students on a one to one basis, get to know my fellow students, hold a meet the student forum or seminar and find innovative and creative ways to raise awareness.

I will create a mechanism to increase information flow in George Brown College and advocate the needs of my fellow students to college council and CFS.

I have the knowledge of students rights and I have made allies within the college community; which will bridge working together to access what students need.

I will engage with students on a basis dealing with issues and keep on top of what from their student group continue my participation in Council; participate in Executive meetings.

In what ways would you increase student involvement at Student Association events?

I would strive to increase student involvement in the student association by having a student forum every semester. I also would have a table similar to a vending table placed where the vendors now sell to hand out information.

A holistic approach to student involvement and student governance is one of the first steps in improving our school. I will first increase advertising and take more student suggestions and more classroom announcements.

I would increase involvement by allowing our services to be more accessible. We need to reach out to students by providing a variety of events that applies to all students; mature students, students with disabilities, students of color and many other students to increase involvement.

I would like to post a board in the Cafeteria for students individually to believe that word of form of advertising and communicating with students going basis.

What do you think George Brown's goal is in the Canadian Federation of Students?

I believe sincerely that the goal of George Brown College in the Canadian Federation of Students is to represent and to advocate for the interest of the students of George Brown College.

I will bring to the discussion the need to recognize the growing realities of many college students we are becoming poorer every year this not just true for university student to improve education nation wide.

The goal of GBC in CFS is to have a voice for all college students in Canada. Through different political campaigns we can show our concerns with tuition increases etc. We also allow George Brown students to use the discounts for travel and many other things.

I believe that our goal as a voice for student College and be a part body to create change and needs.

If elected, list three primary goals you wish to accomplish during your term.

1. Increase the awareness of students about the role of the Student Association, what it does, its programs and activities.
2. To motivate or empower students to take more active part in the political activities.
3. To have an annual multicultural concert in a big auditorium.

- If I am elected my three primary goals are:
- Increase student information sharing
 - Increase diverse representation
 - Increase student staff relationship

- 1) have increase voice for international and other students
- 2) Through forums and other means have our VOICES finally heard in the college about our concerns
- 3) Allowing our services more accessible for ALL students.

- Implement a program "playgroup" that will parents to complete their children are supported
- Create school spirit on Campus
- Improve services to financial difficulties

How do you plan on achieving goals within a diverse team environment?

I am a people person. I plan to achieve my goals by working with the diverse team getting their ideas, direction and input.

By listening and understand the recommendations of the diverse team and together make the best decisions.

I plan on achieving my goals within a diverse team environment by always remembering we all have different experiences and opinions and allow us to work together to fix problems and to be non-judgmental.

- Use active listening
- Be sensitive to differences
- Research and plan

How do you plan on balancing your time between commitments to the SA, school and other obligations?

I plan to balance my time and commitment by continuing to organize and manage my time as I have been successfully doing. In doing so I will be able to manage my commitment to the Student Association

I have demonstrated my ability to balance being Chair for the Toronto Youth Cabinet, College and work.

I have worked as an executive for 12 months already, and will continue to use time management and use the office hours I have already set for the year.

- Time management
- I will have scheduled Association hours

What are your main areas of interest in relation to your particular campus?

My main areas of interest at my particular campus are nursing issues. However, there are some other troubling issues such as: registration issues, Cafeteria food issues, book prices issues and issues with professors.

- my main areas of interest are:
- Improve social life
 - Improve student access to decisions
 - Improve the educational experience

All campuses are important to me to have more events, work on the different problems on each campus and to get more students involved on all 4 campuses.

- Parent Positive Environment
- Student Poverty
- School Spirit

George Brown is a diverse campus—in what ways would you strive for representation of ALL students?

I would strive for representation of ALL students by launching a meet the student campaign, letting students know that the organization exist, tell them to participate and get involve. I would strive for zero tolerance for discrimination.

A diverse approach to making decisions and equal representation of the many cultures on the broad will help foster a better distinct school culture.

by talking to all students, get the students active on each campus and be culturally aware of the differences in students needs.

Following the SA Mission All students will be to respect and compassionate others and support a diverse group of involved with any of committees

Association By-Elections

				NO PICTURE AVAILABLE
NIGHTINGALE	KISHA PERRY-VP NIGHTINGALE	JENNA ANDERSEN-1ST YR REP NIGHTINGALE	MIRIAM SOMERS-1ST YR REP ST. JAMES	ANIL BHATOO-COMMUNITY SERVICES REP NIGHTINGALE
<p>and year of Iren's m. I am the opportu- Nightingale number. I will my role.</p>	<p>I am a 23 year old mother of a beautiful baby girl. I am studying Early Childhood Education, something that I have dreamed of all my life. Spending a year as a Student Association Office Assistant has given me the opportunity to help so many students.</p>	<p>I am an Early Childhood Education student at Nightingale campus. I was born in Toronto and have lived here all my life. I am a strong leader with a positive attitude. I have a passion for contributing to the well-being of others. I understand the importance of community.</p>	<p>I am taking Community Worker programme at St. James campus. I have been involved with the Jewish, Native and other communities. I stand for human rights, or in our case student rights. I have been a volunteer for about 10 years all over the city.</p>	<p>I feel that my maturity and having been in the work force for many years makes me an excellent candidate for community services rep. I am a person of colour and have a vested interest in promoting and fostering diversity at Nightingale campus.</p>
<p>ent at rolled in ingale ents the rest</p>	<p>I believe there are a number of improvements that could be made to Nightingale campus and I believe if you want something done, you have to do it yourself.</p>	<p>I feel that I have strong communication and advocacy skills and they would be put to good use in this experience. I am also energetic, motivated individual and being involved makes me happy.</p>	<p>I became involved with the SA last year when I decided to volunteer for both the Women's Centre and the Food Bank.</p>	<p>I am a mature student and I view running as part of a total college experience.</p>
<p>as such I ge number I know chool after other of two ite well the</p>	<p>I have worked in the SA office for a year and have been president of the Afro-Canadian and Mosaic clubs in high school.</p>	<p>I have worked for a few volunteer organizations. CPAWS was one of them. My position included petitioning, organising meetings and daily interactions in a group setting.</p>	<p>I have participated in a leadership role with organizations in my Jewish community, while I also worked with the Student Association last year.</p>	<p>I have volunteered, managed and listened in the past. I think these are essential qualities.</p>
<p>on a daily they arise students need ment. I will with College and</p>	<p>By first finding out what their needs are, advocating for them and making sure in the end that those needs are met.</p>	<p>I plan on talking with them and finding out what they feel would be valid decisions and changes. I believe communication is the most important way of interacting with and understanding others.</p>	<p>I plan to be available 24/7. Making different events and come out to every single event.</p>	<p>By being open to and executing suggestions to the best of my ability.</p>
<p>nts bulletin vate stu- pate. I is the best ill be com- an on</p>	<p>Students in general take part in events that are exciting and rewarding. Everyone would participate in these events. It's a great way for the students to have a blast while fund raising.</p>	<p>I would talk with my peers and let them know how important it is to become actively involved. Without support of a collective group we are just a few voices. The more backing we have the stronger we are.</p>	<p>I will surely get a lot of people involved by speaking out to classes, getting involved and making everyone feel at home with the SA.</p>	<p>Again, listening to students. Student interest equals student involvement.</p>
<p>act ne larger tu-</p>	<p>I think that the goal is to voice students concerns to the provincial and federal governments regarding the cost of tuition, student loans etc.</p>	<p>George Brown's main goal in regards to the CFS is to try and bring our schools needs to the front lines and let our voices be heard. In the long run, we will make the difference and influence change.</p>	<p>To advocate at a political level for students.</p>	<p>Definitely, for our voices to be heard and the wants and needs of our students met.</p>
<p>amework student- work while d Nightingale ants with</p>	<p>1. Come up with plans to accommodate January intake students in the summer. 2. Organize a breakfast club, free to all students 3. plan more social events for Nightingale campus.</p>	<p>1. To get to know the school better and to gain experience 2. To create new knowledge of the importance of being an active player. 3. To meet the students needs and concerns to the best of my ability.</p>	<p>1. Help organize clubs, events. 2. Advocate for students rights such as disability services</p>	<p>My goal will be defined through dialog with the students of this campus. I will promote diversity, safety and recreation as well as maintenance.</p>
<p>cas</p>	<p>By working together with the team and ensuring equality for all members.</p>	<p>Making sure to hear all voices in every discussion. Always taking into consideration the different aspects and ideas that the team has to share. Finding a balance or a middle ground is very important.</p>	<p>Either by having meetings with students, getting involved with clubs or developing programmes to help students</p>	<p>Diversity is not a road block to achieving goals. On the contrary it is the input of the many working towards a common goal that will help us achieve those goals.</p>
<p>student</p>	<p>By not taking on other responsibilities that will pose a threat to my grades or my Student Association commitment.</p>	<p>I am a pretty organized individual. I manage to volunteer, keep a part-time job and balance my full-time studies. If I feel it's for a good cause then I'm there!</p>	<p>Good scheduling. I will be available four times a week. I have very good time management.</p>	<p>It is not a concern for me as I have juggled work and school and caregiving all my life.</p>
<p>ent</p>	<p>My main area of interest right now is the menu in the cafeteria</p>	<p>To be specific, I would first like to start a support programme for students who are having a hard time coping with their studies, so that they are aware that they are not alone. I would also like to get the people at the campus involved and aware of what the school has to offer.</p>	<p>1. GBC community 2. Disability services</p>	<p>I am new here but I see a desperate need for community spirit and a fridge-as odd as this may seem.</p>
<p>Statement- with staff, vol- d encourage to get vents or</p>	<p>By being aware of each cultural holiday, how they are celebrated and when they occur.</p>	<p>Making sure that I am available to all students and to make them feel comfortable discussing any issue they feel compelled to state their opinion on. I will always be open minded and understanding.</p>	<p>I plan on advocating for everyone of you.</p>	<p>I am a person of colour and I hope that will make me approachable by all students.</p>

SPORTS

WHAT'S HOT AND WHAT'S NOT!

by Jeff Sieger

The following is a HOT and NOT list of Canadian athletes and teams competing both in professional sports and in amateur sports at the Olympics.

HOT: The Canadian men's basketball team. After pulling off a major upset against host-country Australia in their first game (101-90), the Canadians defeated Angola (99-45) in their second game. Sitting at (2-0) in this six-team, five-game around, Canada has a chance for first place. That would guarantee that they wouldn't have to face the Americans until (potentially) the gold medal game.

NOT: The Canadian men's basketball team's chances for a gold medal. It will take a minor miracle for any team besides the Americans to win a gold medal. Stacked with NBA superstars, the U.S. Dream Team will very likely dominate the entire field.

HOT: Carlos Delgado is the first Blue Jays hitter to attract American attention since John Olerud made his run at .400 in 1993. He has a legitimate shot at the Triple Crown with two weeks left in the season and has really kept the Blue Jays afloat especially since Raul Mondesi went down with an injury.

NOT: The Toronto Blue Jays pitching rotation. With Frank Castillo just off the DL and Chris Carpenter just on it, the Blue Jays wild card hopes are in serious jeopardy. They need some good performances from Steve Trachsel and Esteban Loaiza against the Yankees to keep them in the hunt.

HOT: Michael "PINBALL" Clemmons the 5'5", 160 lbs. all-purpose running back of the Toronto Argonauts played his last professional football game on Friday, September 15 against the Saskatchewan Rough Riders. Although the Argos lost (44-17), that most all-purpose yards in professional football. Despite all of the stats, records, awards, and championships, Pinball will mainly be remembered for his constant smile, great attitude, and tremendous generosity and commitment. There have been many stories of him staying longer hours than he was scheduled to sign autographs for fans. I know this for a fact, because I was at one of those autograph sessions, where he stayed longer hours than he was asked to. He was one of my biggest role models, and I know "Pinball" will be greatly missed.

NOT: The Toronto Argonauts. The Argos are only 3 years removed from being repeat Grey Cup Champions and are currently 2-8-1, good enough for last in the EAST. They still have a chance to catch the Winnipeg Blue Bombers for third place and a play-off spot. Anything beyond that, however, is going to take something truly major to happen.

VARSITY ATHLETICS AND RECREATION

by Imran Khan

WOMEN'S SOCCER

The girls are starting to gel as a team. With a solid goalkeeper in Cris Bicho, the Huskies are looking for playoff contention. Despite the 8-0 loss to Mohawk, coach Warren Green expects team performances to peak around playoff time. New additions to the Huskies roster include: Kelly Smith, Sonia Purdado, Kim Clarke, and Laura Marin. In particular, the addition of Zenaida Rodriguez at the striker position will prove the success of the Huskies after scoring 3 goals in the game versus Redeemer.

The outdoor season concludes in the month of October:

Oct 3/ 00 Humber vs GRC
Oct 10/00 GRC vs Humber
Oct12/00 Mohawk vs GRC
Oct18/00 GRC vs Redeemer.

WOMEN'S BASKETBALL

The Women's Basketball team is working diligently on the fundamentals needed to compete at the college level. In order to be successful against the superior teams in the league, these fundamentals are imperative. Currently, there are SEVEN veteran players returning and EIGHT eager and talented freshmen coming aboard. This versatile mix of players is needed to strengthen the team at all positions. The coaches message, "The difference between ordinary and extraordinary is that little extra by everyone"

BADMINTON

The Varsity Badminton team will commence practice on Oct. 3, 2000. Last year the Badminton team participated in the National Championship. Through commitment and hard work the Badminton team is determined to produce more players capable of qualifying for the OCAA and . Practice times are from 7:00 - 10:00 pm on Tuesdays and Thursdays, 4:00 - 8:00 pm on Sundays. All students are welcome.

MEN'S BASKETBALL

During the week of Sept. 18 - 22, the Men's Basketball try-outs was held. At the end of it all many familiar faces arose from the masses with a few new additions. The first home game is scheduled for Fri. Oct. 6 at 8:00 pm. This is an exhibition game against George Brown College Alumni. Come out and support the home team.

INTRAMURAL PROGRAMS

Ongoing Intramural Program activity includes, Ball Hockey and Volleyball team play. Upcoming activity includes Badminton and Indoor Soccer. Registration for these upcoming teams begins Oct. 10 - 27 at both St. James and Casa Loma campuses.

DANCE TEAM

On Saturday, September 30 from 3:00 - 5:00 pm, the George Brown College Dance Team will be holding their first try-out in the Casa Loma gymnasium. This is a co-ed practice, all are welcome, for more information contact Martin Samuel at (416) 934-3500, pager #8596.



106 Front St. East M5A 1E1 364-6054

TUESDAYS ALL DAY
2-for-1 Wings

WEDNESDAYS AFTER 6 PM
2-for-1 Fajitas

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15% OFF all
prices for GBC
students

Your meals are
wrapped up

41 Jarvis Street at King
(on the way to and
from the college)



BIKING IN KENT

by Jake the Biker

I'm sitting in the Public Bar of the Ships Inn at Dymchurch, Kent, England. My bike is securely fastened to the lead down spout outside. My room upstairs in the pub smells of stale tobacco smoke, as does the bar. This is all made up for as they have a killer 6 foot long bath tub upstairs in the 'loo, and real hot water. After fighting a headwind all day and carrying two panniers full of dirty clothes, the first bath I'll have is with the clothes. I will then lay them to dry in my room and go back for a second bath, this time more to soak than to clean.

I'm enjoying the last few days of a ten day bicycle trip to the south of England. Once bikes ruled the roads here. Police used them for patrolling the village, factory workers got to and from their shifts in their Raleighs and Peugeot. Post-war prosperity moved Britons from their saddles to seats of automobiles. Now the private car rules England's roads. Six bikes can fit in the space taken by one car on these narrow roads, and because of the many communities, especially surrounding major cities, are in constant grid-lock. Thank you God for Ordinance Survey maps. These charts, originally made by the military, are available in 1:50,000 and 1:25,000 ratios. The OS maps allow bikers and hikers to have an incredibly detailed idea of their surroundings. They show everything, including larger buildings and footpaths, byways, and bridle ways. This means a biker with the insight to purchase these gems, can easily avoid heavy traffic by taking the secondary roads that are too narrow and too winding to be of interest to lorry (truck) drivers and commuters. The car drivers here are much more considerate of drivers than they are in Toronto. They give way to oncoming bikes on narrow roads, they leave lots of room when they pass you from behind and stop to offer help if you stop to check your map. I think I could get used to that kind of respect.

I'm writing this article two days after the deadline, so I'll try to keep on topic.

Lots of people have asked me, how I got information on going biking in England. Almost everything I got was from the internet. You can do your own search for your customized trip but start with **Sustainable Transportation (Sustrans)** www.sustrans.org.uk. They have good information on the Nation's bike route network. That is a combo of byways, minor roads, paths, canal tow paths, old railway right of ways and some new off road sections that criss-cross Great Britain. Although I have a few criticisms concerning the marking of the routes, they deserve kudos for actually doing something this brave. OS maps in conjunction with the marked bike routes always got me where I wanted to go. I left without a compass. Big mistake. You need a compass to use both the maps and the marked paths. So while the world was watching Olympics on



telly, a Brit was setting his own record at home on a bicycle. On a Gatwick runway, he slip streamed behind a fire brigade lorry on his mountain bike to set a new Guinness record of 50.2 miles per hour.

New bike path. A new way for Beach bikers to get home is the new unmarked off-road sections of the bike trail that runs down by the water front in the east end. Try this out! Hit the bike path anywhere east of Leslie Street. Take the marked detour and then go across Leslie and bike the now unused eastbound section of Lakeshore Blvd. Bike until you rejoin the detour at Carlaw and then follow that off road section until you get to the intersection of Don Valley Park Roadway and Villiers Street. Bike west on Villiers and then rejoin the old Martin Goodman trail at Cherry street for your run downtown. It takes 20 minutes from Woodbine beach and its 90 percent off-road.

Cheers!

XMAS STUDENT FLIGHTS

Don't wait... Or it will be too late!



Planning on flying home for the holidays?

With the consolidation of airlines in Canada this year, capacity has been reduced, and there are fewer seats. NOW is the time to book your flight back home for the holidays. If you wait until the last minute, you may not get your choice of dates or even a seat!

Visit your nearest Travel CUTS office to book now and ask about our:
• Unbelievable Student Class Airfares™ • Bon Voyage Travel Insurance™

Don't know your exam schedule yet?
Don't worry! Book now, and you will get 1 FREE date change*.

BOOK NOW!

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EVENTS

October

2-7

Election Campaign

10-14

ELECTION

K-W Octoberfest

31

Hallowe'en

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FASHION

Unravelling the beautiful person inside you

by Maribelle Bacod

For attractive lips: Speak words with kindness.
For lovely eyes: Seek out the good in people.
For a slim figure: Share your food with the hungry.
For beautiful hair: let a child run his or her fingers through it once a day.
For poise: Walk with the knowledge you'll never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed. Never throw out anybody.

Remember, if you ever need a helping hand, you'll find one at the end of your arm.

As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.

The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair.

The beauty of a woman is seen in her eyes, because that is the doorway to her heart, the place where love resides.

True beauty in a woman is reflected in her soul. It is the caring that she lovingly gives, the passion that she shows. And the beauty of a woman only grows with passing years. Be one. SMILE.

GENERAL TIPS

- * Style is what we are all looking for
- * Your style should reflect you; and not necessarily what fashion dictates
- * Before you go shopping for new clothes, check out your closet and try to purchase items that match your existing wardrobe
- * Look for extra buttons sewn on the inside of shirts and jackets; buttons can be difficult to match if lost

Men's Fashion Trends

by Maribelle Bacod

In the recent past, fashion had one or two major trends that led the way each year. The tie got longer or wider, suits were more fitted or baggy, and occasionally someone introduced another colour. Today, men are changing the way they express themselves in their clothing. The conservative, "need to look like everyone else" style seems to be collapsing; men are daring to wear what they like or what makes them feel good. Four major fashion trends are: Streetwear, Comfort Rules, Acid Tech, and Dressed Up.

STREETWEAR is driven up by the Hip-Hop and Rap world. Usually clothes such as baggy pants, extra long t-shirts, tank tops, coveralls, bright sport prints, bandannas tied everywhere, stocking caps with their really loud music was the style.

COMFORT RULES began with CASUAL FRIDAYS. The latest shoe styles represent a good example from Europe and Asia which are more square and rounded toe that follow the natural shape of the foot. Jackets have lost the stiff inner structures of the past (like shoulder pads). It is very important to wear a couple of soft sports jackets that can dress up with casual pants and a v-neck t-shirt. Outerwear sports elements like patch pockets and drawstrings have been added to suit jackets for a full functional edge. This means being comfortable and looking sharp.

ACID TECH stands for a pierce it, punch it, tear or tattoo it kind of freedom. This trend is very strong and growing among the counter culture. It seems as though the technogeeks of the world have combined with the VH1 music crowd to create this new trend.

Typically, the kind of crowd shops at thrift stores, but there are limited quantities of used clothing in the world. There are several manufacturers producing new styles for the Acid Tech trend. Tied-dyed shirts return with a vengeance. Layering different styled garments also create new looks.

DRESSED UP stands for the traditional crowd that loves to wear a finely tailored suit. The new elements of dressy suiting includes shorter lapels and longer jacket lengths. The new colours for suits are earthy shades, brown and green.

So after all, the choice of styles available to men are increasing.

10 Ways to Flatter Your Figure

1. **Minimize curves.** A medium-length, double-breasted suit disguises big breasts and hips.
2. **Accentuate curves.** A halter dress makes an athletic physique more voluptuous.
3. **Elongate your body.** A pinstripe suit creates a vertical optical illusion, making you appear taller and thinner.
4. **Conceal your butt.** A cover-up blazer hides your behind and gives you the form to wear a body-fitting dress.
5. **Disguise big breasts.** A cropped jacket diverts attention from a busty upper body by emphasizing the waist.
6. **Hide your tummy.** An A-line dress and matching coat are instantly chic and can camouflage a multitude of sins.
7. **Slim the body.** A single-button jacket with long pants has an overall slenderizing effect.
8. **Cover thighs.** A long jacket with slim pants is thoroughly modern, yet covers your waist to knee.
9. **Feminize a boyish frame.** A long-sleeved T-shirt and fitted pencil skirt makes a skinny, petite body more shapely.
10. **Lengthen a shorter torso.** A white shirt worn half unbuttoned and over pants extends the upper body.

VOTE

OCTOBER
10 to 14

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OCTOBER 2-7 is ELECTION CAMPAIGN WEEK

talk to the candidates

COLLEGE LIFE

by
Tiffany
Sallai

It's so early
I'll be
first in line.....



Even have
time to
stop for a
coffee.....

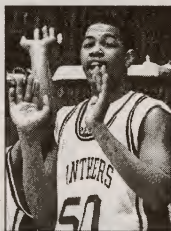


ENTERTAINMENT

ROOF-RAISING BETTER LEFT TO CONSTRUCTION CREWS, WARNS DOCTOR

by Ryan Churcher

Dr. Margo Pedesci of the St. Augustus Medical Centre warns against the dangers of a popular demonstration of excitement. Since the mid-1990s, partygoers throughout North America have enjoyed "raising the roof" (see Fig. A), a dance-like movement characterized by repeatedly pushing one's palms toward the sky. "We do it to [symbolically] make room for all the excitement building up when we're dancing," explains Ben Jackson, 20, a digital media student no stranger to raising the roof. "Everybody's been doing it at every party I've been to in the last four years," he continues, "don't see what the problem is."



Dr. Pedesci says problems with the movement are "insidious," and if the consequences aren't immediate they will surely come later. She claims raising one's arms may be dangerous in any public place, but the danger is amplified by the conditions in which a person might perform the action.

"When you 'raise the roof' you're gambling with your safety. You expose your torso to being jostled or struck in the commotion [of a crowd.] and the backward wrist flexion could lead to carpal tunnel syndrome and aggravate the condition for those who already suffer from it." Dr. Pedesci says the movement also endangers bystanders. "You could drop your elbows into someone's eyeball, or, considering it's a party [based-phenomenon.] drop your drink on someone's head. That innocent person could be blinded, slip and fall...it could start a tragic chain reaction."



Despite Dr. Pedesci's concerns, she makes certain her appreciation of having a good time: "like Gino Vannelli sang, 'People Gotta Move'." As an alternative to "raising the roof," she suggests "pushing down the floor" (see Fig. B) Instead of pumping one's palms in the air, "pushing down the floor" directs the hands downward in a less-strenuous motion, unlikely to cause injury.

In closing, the doctor cites the case of a patient who injured herself while sitting in an easy chair. "She did the wrist swinging motion popularized by the Arsenio Hall Show and threw out her back. It goes to show these injuries can happen almost anywhere. My only hope is that people will learn to celebrate more safely. Leave the roof-raising to construction crews."

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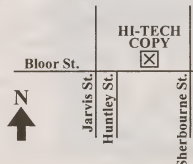
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K-SERA SERA

Dear K-Sera Sera,

I have just started my first year at George Brown, fresh out of high school. The problem is that there are also a lot of people who go to GBC from my high school as well. I don't understand why they ignore me and pretend that they don't even know who I am.

Sincerely,
No. 1

Dear No. 1,

Don't worry about the students from your high school. After all there are thousands of new people at the school who don't know anyone and would be more than happy to get to know you. It sounds like the people who are ignoring you are having identity crisis and don't even know who they are.

Dear K-Sera Sera,

Last weekend I went on a date with a girl who sits in my math class. The date itself went reasonably well. We met at a local cafe and had some drinks, to break the ice outside of school. Conversation flowed really smoothly. After that she suggested that we hit an arcade for some friendly competition. She challenged me to Miss Pac Man tournament, and kicked my ass. That was cool. I took it well. After that we just ended up walking around the city. (We're both new to the area) checking out all the freaks. The end of the night came rather quickly and I ended up walking her home. We got to her door and the tension was high. I couldn't tell if she wanted me to kiss her good night, or what nothing happened. I walked her to her door and said good night. The thing is after I walked her home and got back to my place my room mates thought that I was suckier because I didn't even try to kiss her or grope her. Did I do the right thing, because now I wished I would have tried something one her so that my roommates wouldn't tease me so much.

Teased

Dear Teased,

In your letter you talked of the great time both of you had together. Ignore your roommates teasing. You are a true gentleman. I am sure that she was just as nervous as you were. You just met her right? What are you looking for - a girlfriend or a friend? Think about that! Plus, you do have to see this girl again. Would you rather she thought about you as a schlep, or as a good guy? Forget what your roommates say. Besides if they know so much, what are they doing waiting at home for your progress report? And I am sure you will get the opportunity to get to know this girl better outside of school.

If you have any questions, you could email me
at kserasera@chickmail.com

IN FOCUS

by Sera Gordon

WHAT ARE YOUR HOPES FOR THE SCHOOL YEAR?



Josh

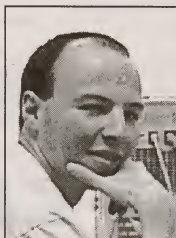
(Graphic Design Student)

"I hope that first year students will be made more aware of events and activities offered around the school."



Derrick & Daniel

"We hope that the intermural sports become very popular with the student body."



THOUGHT FOR THE WEEK:
"ATTITUDES ARE CONTAGIOUS.
KEEP YOURS POSITIVE."

ATTENTION ALL ARTISTS!!! THE DAILY BREAD FOOD BANK and MEMBER AGENCIES ART GALLERY

DETAILS

Sept. 30 MEDIA PRESENTATION and the ARTS WEEK BASH
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CASA LOMA CAMPUS - OCTOBER 16

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Sign up in your Student Association Office
in ROOM 147
Call (416) 415-2455 or (416) 415-4730
for information.

POLL CLERKS WANTED!

The Student Association of George Brown College is looking for staff to work as poll clerks in the upcoming By-Elections.

The position will be from:
TUESDAY, OCTOBER 10 to FRIDAY, OCTOBER 13, 2000.
TIME: 10:30 a.m. to 2:30 p.m.
(until 6pm on Friday)

We offer this position at an hourly rate of \$7.00.

Please forward resume to:
Attn: Amrit Bains, Chief Returning Officer
Student Association of George Brown College
200 King Street East
Room 147
Toronto, ON M5A 3W8
Fax: (416) 415-2491

The Student Association is an equal opportunity employer and welcomes candidates from among those groups of individuals that are traditionally under represented to apply.



She here...and He has said, "I am on the road searching for the very best in coffee and subs. Haven't found anything as good as Second Cup and Subway yet, but I'm looking. While I'm on the topic of traveling, I thought that I would share with you the **"TEN BEST ROAD MOVIES"** of all times.

BOYS ON THE SIDE - Three women travel around after Drew Barrymore offs her boyfriend. Men, take note!

FORCES OF NATURE - Ben Affleck and Sandra Bullock are on a mission, one is to find her son and the other to get married.

DUMB AND DUMBER - A hilarious flick about two not so intelligent men, on the road to deliver a suitcase full of cash. Brought to you by the Farrelly Brothers, the makers of "There's Something About Mary".

COUPE de VILLE - this movie is excellent. Three sons deliver a car to their father and bond along the way. It is a bit of a tearjerker!

PLANES, TRAINS & AUTOMOBILES - One of the funniest John Candy flicks ever. Candy and Steve Martin are two travelers who find themselves trapped

together on all forms of transit.

NATIONAL LAMPOONS' VACATION - The Griswold family takes a road trip to Walley World with Grandma tied to the roof rack, stopping to view the World's Largest Ball of Twine.

THE SURE THING - My boyfriend John Cusack is in this one. He falls in love with an Ivy Leaguer (Daphne Zuniga) and there is a cross-country trip with a carload of nerds who sing show tunes. AWESOME!

CONVOY - Starring Kris Kristofferson, this 1978 movie is about a lot of trucks doing a mobile protest. Sounds like England in 2000, don't you think?

THELMA and LOUISE - Susan Sarandon and Geena Davis take to the road to live up their rather humdrum lives...and to get away from a murder charge.

ROAD TRIP - The newest release starring Tom Green and Amy Smart, this movie follows the exploits of college coeds who take to the road to track down a very sexy tape that has been mistakenly sent to the wrong person.

Until next time, happy trails!



STUDENT ASSOCIATION EVENTS

OCTOBER

- | | |
|---------|--------------------------------|
| 2 - 6 | ELECTION CAMPAIGN
WEEK |
| | OCTOBERFEST FUN |
| 10 - 13 | ELECTION VOTING WEEK |
| 11 | TRIP TO K-W FOR
OCTOBERFEST |
| 17 | LIFE WORKS GRAND
OPENING! |
| 31 | HALLOWEEN FUN!!! |



HOROSCOPES

by Maribelle Bacod

ARIES March 21 - April 20

It's time to pull out the stops and go ahead with plans...everything you need is now in place. Your partner is annoyed at your independent nature, so resolve this conflict as soon as possible. The idea of how things are supposed to be, and reality, are different.

TAURUS April 20 - May 21

Don't jump to conclusions, if it looks great, it probably is. Look beyond appearances and check all facts. Your intuition is right on target, so play your hunches. You have a lot going for you, and your energy level is high, be careful of your own strength.

GEMINI May 22 - June 21

Stop feeling for yourself. Crying over spilled milk will get you nowhere. Look around you and realize how full you life truly is. Take a lesson from a friend and let their enthusiasm and upbeat nature rub off on you. Don't bite off more than you can chew.

CANCER June 21 - July 22

Check your financial dealings - you may have overlooked something that will only cause problems later. Since you are not fond of change, don't alarm when a timeless tradition unravels, do you best to roll with the punches. Don't let someone get away with what is yours.

LEO July 23 - August 23

With your cool approach you have managed to accomplish a task of quite the magnitude. Congratulations. Plan time to unwind, with you significant other. Your week will fly by because your hard work will give you quite a bit of satisfaction.

VIRGO August 24 - September 22

It's time to examine your dependence on those who are normally undependable. Don't save your love for the perfect person, there are those around you now who would be a great partner.

LIBRA September 23 - October 23

There is a good cause to keep from letting your feelings get the best of you. A cool and reasonable appearance will get you farther than roller coaster emotions. Your love relationship is heading in a new direction.

SCORPIO October 24 - November 22

The weight of the world seems to be on your shoulders the last couple of weeks. Continue doing a good job, but try not to take such a serious attitude. There may be an unexpected gift of money, use it wisely. The one who loves you best will make things easier for you.

SAGITTARIUS November 23 - December 21

Things are a little slow at home - humour will remedy any nits. Focus your attentions on working hard, there will be a reward.

CAPRICORN December 22 - January 20

Your energy is excellent, and this vim and vigor may be related to a new exercise program. A relationship or person in your life, which you have always considered a fortress may be crumbling - it's a perfect opportunity to rebuild according to your own design.

AQUARIUS January 21 - February 18

All matters pertaining to legal procedures must be dealt with efficiently. Prompt action can save you from paying fines or overdue fees. Good communications cannot be stressed enough during the week. Making your home a more comfortable place may require a small investment.

PISCES February 19 - March 20

The choices you make will rest on your ability to tell the difference between what looks good and what really is in your best interest. Do something nice for someone.

THOUGHT FOR THE WEEK:

"ATTITUDES ARE A SMALL THING
THAT MAKES
A BIG DIFFERENCE."



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